

**** Limerick Swimming Club ****

Celebrating 32 years

1986-2018

Licence 3S-18/18- M018

Gerry Ryan Limerick Invitation Gala (L.C.) 2018

19th, 20th, 21st January 2018

University Arena Limerick

Entries: On Hy-Tek - please email to Mary at gryanlimkgala@gmail.com.

Electronic timing will be used throughout the gala.

Age up -31st December 2018. (Year of birth)

Fees: €7.00 per individual event. Please post full fees on or before closing date to Oorla Cusack, 4 Millbrook, Ballyclough, Limerick. All cheques made payable to Limerick Swimming Club. Please email Oorla for bank details if bank transfer preferred. limswimtreasurer@gmail.com

Closing date for all entries is Sunday 31st December 2017 6pm.

(There will be no changes after this date as the gala will be seeded into heats - no scratches).

**LATE ENTRIES WILL NOT BE ACCEPTED AND
FEES MUST BE RECEIVED PRIOR TO THE GALA**

Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. One Start rule will apply for this gala.
3. Heats will be run as an open event based on each swimmers entry time in 10 lane formats.
4. All events will be H.D.W.
5. Medals will be awarded in all individual events in age groups according to qualification table attached.
6. Swimmers will be limited to 10 individual swim events total over the 3 days.
7. There are Qualifying Times for all events, NTs will not be accepted. The host club reserve the right to have some of their swimmers outside the qualifying times in 50's, 100's and 200's events only.
8. All entry times must be official times and may be verified on the National database.
9. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
10. 1500m Male and the 800m Female events will be restricted to the following 1 heat of 1500 and 1 heats of 800.
11. Restrictions on personnel poolside will be strictly enforced to ensure safety & effective running of all gala. ID badges will be allocated on the morning of the gala to coaches & team managers on deck (based on entries). Please provide their names with entries where possible. All other coaches and team managers are welcome in the spectator area.
12. Session times may change depending on entries, you will be notified one week before gala of changes.

****** The Gerry Ryan Perpetual Cup ******
Will be presented to the best overall club at the gala and

****** The L.S.C. Plaque ******
Will be presented to the runner-up club.
Limerick swimming club celebrating 32 Years

Order Of Events			
Friday Evening Session 1 Open			
Warm-up 6pm start 6.45pm Mixed			
1.	200 Free Male Open		
2.	200 Free Female Open		
3.	50 Butterfly Male Open		
4.	50 Butterfly Female Open		
5.	100 Backstroke Male Open		
6.	100 Backstroke Female Open		
7.	50 Breaststroke Male Open		
8.	50 Breaststroke Female Open		
9.	200 IM Male Open		
10.	200 IM Female Open		
11.	1500 Freestyle Male Open		
12.	800 Freestyle Female Open		
Session 2 Saturday Morning Age Group	Session 5 Sunday Morning Age Group		
Warm-up 8am - 9.00am start	Warm-up 8am - 9.00am start		
30min Female followed by 30mins male	30min male followed by 30mins female		
13.	400m Freestyle Female	38.	400m Freestyle Male
14.	100m Backstroke Male	39.	100m Backstroke Female
15.	50m Butterfly Female	40.	50m Freestyle Male
16.	50m Butterfly Male	41.	50m Freestyle Female
17.	200m IM Female	42.	200m IM Male
18.	200m Butterfly Male	43.	200m Butterfly Female
19.	100m Breaststroke Female	44.	100m Breaststroke Male
20.	400m IM Male	45.	400m IM Female
		46.	Cannon Relay

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Session 3 Saturday Afternoon Open		Session 6 Sunday Afternoon Open	
Warm-up 12.00pm - 1.00pm start		Warm-up 12.00pm - 1.00pm start	
30min Female followed by 30mins male		30min male followed by 30mins female	
21.	100m Butterfly Female Open	47.	100m Freestyle Male Open
22.	100m Butterfly Male Open	48.	100m Freestyle Female Open
23.	50m Freestyle Female Open	49.	50m Backcrawl Male Open
24.	50m Freestyle Male Open	50.	50m Backcrawl Female Open
25.	100m Breaststroke Female Open	51.	200m Butterfly Male Open
26.	100m Breaststroke Male Open	52.	200m Butterfly Female Open
27.	200m Backstroke Female Open	53.	200m Breaststroke Male Open
28.	200m Backstroke Male Open	54.	200m Breaststroke Female Open
29.	400m Freestyle Female Open	55.	400m IM Male Open
30.	400m Freestyle Male Open	56.	400m IM Female Open
Session 4 Saturday Evening Age Group		Session 4 Sunday Evening Age Group	
Warm-up 3pm approx - Start 4pm		Warm-up 3pm approx - Start 4pm	
20min male followed by 20mins female		20min female followed by 20mins male	
31.	200m Breaststroke Male	57.	200m Breaststroke Female
32.	100m Butterfly Female	58.	100m Butterfly Male
33.	200m Freestyle Male	59.	200m Freestyle Female
34.	50m Backstroke Female	60.	50m Breaststroke Male
35.	50m Backstroke Male	61.	50m Breaststroke Female
36.	100m Freestyle Female	62.	100m Freestyle Male
37.	200m Backstroke Male	63.	200m Backstroke female

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GERRY RYAN 2018 QUALIFICATION STANDARDS
FEMALE

Qualifying Times Female Long Course				
EVENT	2007- 2008	2004-2006	Youth- 2000 -2003	Open
50 FC	39.00L	39.00L	39.00L	31.35L
100 FC	1.22.00 L	1.13.15 L	1.11.64 L	1.08.06L
200FC	2.56.48 L	2.39.64 L	2.37.53 L	2.28.94L
400FC	6.19.00 L	5.36.89 L	5.30.62 L	5.18.47L
800FC				10.29.51L
1500FC				
50 BC	43.00L	43.00L	43.00L	35.79L
100BC	1.34.31L	1.24.92 L	1.22.75 L	1.15.93L
200BC	3.21.81 L	3.03.64 L	2.59.86L	2.44.78L
50 Brs	48.00L	48.00L	48.00L	41.95L
100BRS	1.48.48 L	1.37.79 L	1.35.97 L	1.27.39L
200BRS	3.53.74L	3.29.92 L	3.21.69 L	3.11.99L
50 FLY	49.00L	49.00L	49.00L	37.34L
100FLY	1.35.00 L	1.23.97 L	1.21.68 L	1.18.55L
200FLY	3.36.99 L	3.06.97 L	2.56.55 L	2.59.56L
200IM	3.25.76 L	3.04.97 L	2.59.97L	2.48.66L
400IM	7.09.64 L	6.33.76 L	6.13.91 L	6.07.84L

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GERRY RYAN 2018 QUALIFICATION STANDARDS

MALE

Qualifying Times Male Long Course				
EVENT	2007- 2008	2004-2006	Youth- 2000 -2003	Open
50 FC	38.00L	38.00L	38.00L	29.04LL
100 FC	1.18.73 L	1.09.74 L	1.05.84 L	1.03.30L
200FC	2.52.84 L	2.32.41 L	2.24.92 L	2.19.53L
400FC	6.03.00 L	5.21.89 L	5.11.86 L	4.45.55L
800FC				
1500FC				19.42.45L
50 BC	42.00L	42.00L	42.00L	34.38LL
100BC	1.30.36 L	1.20.62 L	1.18.66 L	1.11.25L
200BC	3.15.84 L	2.53.97 L	2.43.53 L	2.38.00L
50 Brs	47.00L	47.00L	47.00L	40.02L
100BRS	1.45.97 L	1.31.62 L	1.28.79 L	1.19.93L
200BRS	3.52.53 L	3.17.65L	3.08.71 L	2.57.46L
50 FLY	48.00L	48.00L	48.00L	35.23L
100FLY	1.31.42 L	1.18.61 L	1.13.58 L	1.11.34L
200FLY	3.24.00 L	2.56.81 L	2.43.88 L	2.38.84L
200IM	3.25.61 L	2.54.76 L	2.43.92 L	2.39.85L
400IM	7.09.75 L	6.06.91 L	5.45.22 L	5.43.67L

LSC